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## SHOPPING BAG HOLDER AND CARRYING APPARATUS

## ABSTRACT OF DISCLOSURE

Disclosed is a shopping bag handle that can be used with a plurality of bags minimize discomfort to the person carrying the bags. This minimization is accomplished through a design that minimizes shock, prevents contact of the bags handle with the hand of the person carrying the bags and further may use a back of wrist stabilizing surface. When the handle is used with a plurality of bags simultaneously, the chances of the contents of the bags being disgorged while the bags are being transported in a vehicle are greatly minimized.